



# What steps can I take to prevent diabetes problems?

You can take steps each day to prevent diabetes problems.

Steps	
Healthy Eating	
	<ul style="list-style-type: none"><li>• Follow the healthy eating plan that you and your doctor or dietitian have made.</li><li>• Learn what to eat to keep your blood glucose levels under control.</li><li>• Make wise food choices to help you feel good every day and to lose weight if needed.</li></ul>
Blood Glucose	
	<ul style="list-style-type: none"><li>• Check your blood glucose every day.</li><li>• Each time you check your blood glucose, write the number in a record book to share with your health care team.</li><li>• Treat low blood glucose quickly.</li></ul>

(continued)






## Steps

### Physical Activity



- Even small amounts of physical activity help manage diabetes. Aim for 30 to 60 minutes of physical activity most days of the week. Children and adolescents with type 2 diabetes who are 10 to 17 years old should aim for 60 minutes of activity every day.
- Not all physical activity has to take place at the same time.
- Do **aerobic** activities, such as brisk walking, which use your large muscles to make your heart beat faster. The large muscles are those of the upper and lower arms and legs and those that control head, shoulder, and hip movements.
- Do activities to strengthen muscles and bone, such as lifting weights or sit-ups. Aim for two times a week.
- Stretch to increase your flexibility, lower stress, and help prevent muscle soreness after physical activity.
- Increase daily activity by decreasing time spent watching TV or at the computer. Children and adolescents should limit screen time not related to school to less than 2 hours per day. Limiting screen time can help you meet your physical activity goal.
- Always talk with your doctor before you start a new physical activity program.

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Steps	
Medicines	
	<ul style="list-style-type: none"> <li>Take your medicines as directed, including insulin if ordered by your doctor.</li> </ul>
Feet	
	<ul style="list-style-type: none"> <li>Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.</li> </ul>
Mouth	
	<ul style="list-style-type: none"> <li>Brush and floss your teeth every day.</li> </ul>
Blood Pressure	
	<ul style="list-style-type: none"> <li>Control your blood pressure and cholesterol.</li> </ul>
Smoking	
	<ul style="list-style-type: none"> <li>Don't smoke.</li> </ul>